Welcome Back Mountain View Families

Mountain View staff are excited to know that students will soon be back on campus in September! The schedule for returning is as follows:

**Monday, 9/14** - In-person learning students in Kindergarten through 4th grade return to campus. 5th-8th grade students in Learning Labs on campus; all other 5th-8th grade students remain home. iSchool students remain home.

**Monday, 9/21** - All in-person learning students in PreK-8th grade are on site. iSchool students remain home.

We know that many parents have questions about what procedures will be changing. Please read below for some of the key procedural changes that will be in effect as students return to campus:

**What our Staff in Classrooms and Front Office will do:**
- Their own temperature checks and sanitizing procedures throughout the day
- Set up classrooms and to allow for spacing between students
- Temperature checks on every student within the first hour of class and again after lunch
- Disinfect surfaces throughout the day and between blocks
- Lead students through hallways and to lunch and specials following designated traffic flow patterns and designated entrances/exits
- Provide for individual manipulatives (no shared materials for students)
- Contact the health office for any student who exhibits ill symptoms
- Maintenance staff will continue to disinfect high-use areas (doors, bathrooms, etc.) regularly throughout the day

**What the Staff in the Cafeteria will do:**
- Provide box breakfasts and lunches only – no salad bars or open food plates
- Utilize no-touch system – MVS will provide lanyards with the student’s nutrition barcode
- Provide for hand washing and sanitizing before meals
- Arrange seating to allow for appropriate spacing between students
- Healthy Habits signs will be posted and reviewed – masks are not required during lunch/café or recess

**What the Staff at Recess will do:**
- Permit students to play without masks
- Encourage social distancing
- Clean equipment after each recess
- Clean play structure once per day

**What our Students will do:**
- Put on a mask or face shield upon arriving on school grounds
- Use proper social distancing and follow all hallway traffic flow patterns, walking with arms-length distance between each student
- Use water fountains only to refill water bottles
- Sanitize their work space and any materials used at the end of the day

Upcoming Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>9/7</td>
<td>Labor Day, No School</td>
</tr>
<tr>
<td>9/9</td>
<td>Governing Board Mtg, 6pm (virtual)</td>
</tr>
<tr>
<td>9/14</td>
<td>Kindergarten through 4th grade students return to campus</td>
</tr>
<tr>
<td>9/21</td>
<td>5th through 8th grade students return to campus. All in-person learners will be back on site as of this date.</td>
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<tr>
<td>9/23</td>
<td>Governing Board Mtg, 6pm</td>
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</tbody>
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Call the Attendance Line if your child will be absent (iSchool or Remote learning)!

623-876-7453
Available 24/7

Please remember that even during Remote Learning, classes begin at 9:00 a.m.

During remote learning, there are no scheduled extracurricular activities. We will update you on athletics and extracurricular clubs/activities as soon as we are able to do so!

During remote learning, the procedures for contacting our teachers remains the same: if you call the school during the school day (9-3:45), you will be able to leave a message on a teacher’s voicemail. You can also email teachers. Teachers may not be able to respond to phone calls until their prep period or until the end of the instructional day.

**Student Arrival Reminders**

Please remember:

**Students are not allowed to be on campus before 8:40 unless they are scheduled to be here. There is NO supervision before this time!**

18302 W. Burton Ave., Waddell, AZ 85355 • Phone: 623.876.7450 • www.dysart.org/mountainview
facebook.com/MtnViewSchool
What our Students will do:
- Take home 1:1 chromebooks along with charger and charge chromebooks at home
- If utilizing school chromebook (not signed out by parent), return chromebook to in-class charger
- Take home all personal items (i.e., water bottles, sweatshirts) daily
- Enter the health office through the Well Door for if coming without ill symptoms – i.e., for daily medications, asthma medications, cuts/scrapes.
- Enter the health office through the Sick Door if coming with any ill symptoms
- Not share textbooks, manipulatives, or other materials

What Staff and Students at Dismissal will do:
- Utilize a staggered dismissal (between 3:35-3:45), with each grade level exiting to bus area or front pickup zone along designated routes

What Visitors to campus will do:
- Follow guidelines for wearing masks
- Wash and/or sanitize hands prior to entering and exiting the building
- No drop-off of lunches, instruments, or homework. If a student forgets something, it can be brought to school the next day without any penalty. The front office will not be permitted to deliver items to students throughout the day.
- Visitors during lunch are prohibited until further notice
- Virtual meetings will be used wherever possible to allow for social distancing
- No in school volunteers are permitted until further notice at this time

What Parents will do:
- Pick up his/her child within 1 hour of being notified by the health office that the child is demonstrating COVID-19 symptoms
- Take child's temperature at home prior to coming to school
- Notify the school administration if it becomes known that the child has had close contact with any individual who has been diagnosed with COVID-19
- Keep your infinite campus contact information updated by completing the Annual Student Update through dysart.org/ParentPortal.

Response to Cases:
- Confirmed cases (student and staff) should be reported to school administrator.
- Students and staff with a confirmed case will not be permitted to return without medical documentation
- Those who had direct contact with a confirmed case will be quarantined for 14 days at home.
- Those with indirect contact with a confirmed case will be notified and monitored for symptoms.
- If a whole class is quarantined, temporary remote instruction will be provided for the 14 days.

With Gratitude,

Gail Miller
Principal, M.Ed.

Amy Miles
Assistant Principal, M.Ed.
The Self Regulated Learner
Self-regulation is a critical competency that underlies executive function in two major ways: social-emotional (appropriate behavior in a social context) and cognitive (focus, academic learning, problem-solving). It is crucial that children learn basic self-regulation in early childhood because research indicates that children who cannot control their emotions at age four are unlikely to be able to follow the teachers’ directions at age six, and will not become reflective learners in middle and high school.

Self Control vs. Obedience
Self-regulation is not obedience or compliance but rather the ability to control and navigate one's feelings, impulses, and behaviors. When children are self-regulated, they can both stop or start doing something, even if they don't want to. They can delay gratification; think ahead; control impulses and consider options. Breathing techniques give children something specific to do to support themselves when confronted with the challenges of transitions, sharing, waiting, and re-directing impulses.

Kindergarten teachers rank self-regulation as the most important competency for school readiness. They find it more important than IQ or reading or math skills for social success and academic achievement. Unfortunately, early childhood teachers are also reporting that more and more children are coming to school dys-regulated or with low levels of self-regulation.

Breathing exercises are a first step in helping children enhance their capacity to monitor and manage themselves, so they can start to self-regulate sufficiently to feel successful in a school setting. Dr. Becky Baily, of Conscious Discipline, calls breathing the first step in any discipline encounter because it shifts children out of fight or flight mode.

4 Breathing Techniques
I suggest starting with Hissing Breath. This technique requires children to make a sound with their breath and to slow it way down, which is an effective way to develop awareness and control of their breathing.

1. Breathe in the nose, taking a long, deep inhale
2. and then exhale out the mouth on a small hiiissssssssssssssssssssssssssssss sound – like a balloon slowly losing air.
Go super slow and try to make the exhale last 10-15 seconds or more.
Invite kids to slow their inner speed as they hiss.
Repeat several times so kids can feel how they can use their breath to slow themselves down, mentally and physically.
Ms. Julie’s Kindness Corner

Humming Breath
is like giving yourself a big hug, and so wonderful for calming, centering, and soothing. It’s a tool I recommend using on a regular basis, before starting any new activity. It also works well when kids are feeling frustrated, overwhelmed or irritable.
1. Place one hand on your belly button
2. Place the other hand on your sternum in the middle of your chest.
3. Take a deep breath and hummmmm while breathing out. Feel the vibration of the sound as you hum and let it ground your body and calm your mind.

Fish Breath
is a fun, silly technique because you make a bloop sound on the exhale, like a fish. So, it’s sure to start some laughter, which is an effective way to disperse tension or over-efforting, and help kids not take things too seriously. Physiologically, when you inhale deeply, you pull in lots of oxygen needed by our brain and body to stay relaxed and alert. When you exhale completely, you make room for more which helps us release stress and recharge ourselves.
1. Take a deep breath through your nose,
2. Expand up your cheeks and ...
3. Push it all out through your mouth ... Bloop, bloop, bloop, bloop, blooooooop.
And again, deep breath in your nose...
Expand your cheeks
Exhale out your mouth ... Bloop, bloop, bloop, bloop, blooooooop.

Ocean Breath
has the same hand positions as Humming Breath, but instead of humming, you have children move just their eyes (head remains still) slowly and together from right to left on the exhale. This movement facilitates improved eye teaming skills and cross-motor coordination. It’s a good tool for bolstering confidence and shifting to calm if kids are feeling anxious, fearful, or confused.
1. Place one hand on your belly button, place the other in the middle of your chest.
2. Press your thumb and forefinger into the soft tissue points beneath your collar bones on either side of your sternum.
3. Inhale fully through your nose and then, as you exhale slowly, move just your eyes from right to left.

If you have any questions or need assistance, please don’t hesitate to reach out.

Julie Phelan, Social Worker
Julie.Phelan@dysart.org
MVS PTA

Today, PTA’s role is more important than ever in connecting parents, teachers and administrators, and supporting critical school needs. We want every family in our schools to join PTA, because we can do more together than apart. To become a member of our award winning PTA today, visit us at MVSPTA.com school code N4DP6Y or contact us at mountainviewschoolpta@gmail.com

September Events

- Boon Supply Fundraiser, 9/1 - 9/11
- Kona Ice Pop-up - Kona Ice will be traveling through the neighborhood on 9/10 and 9/11 from 3-5pm.
- Fall spirit wear drive, 9/12-9/25 - Check out the PTA Website to purchase this year’s spirit wear!
- Sonic Family Night, 9/22, from 5-8pm - Bring your flyer to help support the MVS PTA

A full calendar of events and updates can be found on the MVS PTA facebook page and at MVSPTA.com, school code N4DP6Y.

Free Masks from AZDHS
AZ Department of Health Services is offering 5 washable, reusable cloth masks per household. You can order through their website.

Middle School A & B Days
September Mondays:
* Monday, 9/7 - No School for Labor Day
* Monday, 9/14 - A Day
* Monday, 9/21 - B Day
* Monday, 9/28 - A Day

Remember that every Tuesday and Thursday is an A Day, and every Wednesday and Friday is a B Day!

Site Council Members Needed!
We are looking for parent volunteers to serve on the 2020-2021 Mountain View Site Council team. Site Council meets a few times a year and is responsible for determine how to utilize Tax Credit Donations that have been made to the school. This year, Site Council will be utilizing virtual meetings where necessary. Site Council is a rewarding way to contribute to our school's extra-curricular activities, as Site Council funds provide for teacher stipends for tutoring, supplies for extra-curricular activities, registrations for participation in Science Olympiad, National Junior Honor Society, the Scripps National Spelling Bee, and the National Geographic Bee, as well providing supplies and equipment for ele-middle athletics. We need your input so we can support our students' extra-curricular learning! If you are interested in being a part of Site Council, please call the front office to let us know.

Photo ID Required for Pickup
Reminder: a current photo ID is required to pick up a student, visit a classroom, or to volunteer. Please always have a photo ID with you when you come to our campus. A Dysart Volunteer badge is acceptable as your photo ID even if you are not volunteering. Please remind all emergency contacts to have their photo ID if they are picking up your child from Mountain View.

Privacy Issues
The front office often deals with issues involving the Family Education Rights and Privacy Act (FERPA). We are respectfully asking that parents limit their time waiting in the front office area to 5 to 10 minutes during school hours so that the privacy of other parents and students is not violated. We appreciate your help in this.

Parent Portal
We highly encourage all parents and guardians to create their parent portal account now. Once created, you will have access to your child's attendance record, current grades, and links to pay online for field trips, athletics, etc. Each parent can have their own account and can see all of their children from one account. You will need one of your student's ID numbers to sign up.

Stay Connected - Visit our website! Follow us on facebook!

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